

# Sierra Vista

## Physical Education Newsletter

Wednesday, February 25, 2015

Good morning everyone. LAST CALL to sign-up your son/daughter for the Irvine Junior Games which is on Sunday, May 17. The final deadline is March 13. The Irvine Junior Games is a great way to give back to our community and to come out to compete and have fun with their friends. Go to [www.irvinejuniorgames.com](http://www.irvinejuniorgames.com) to learn more and sign-up today.

### **Caldwell Health Fact**

Checkout this free ebook "The Female Body Blueprint" from my friends Josh and Jeanne Rubin. If you want to learn more about infertility, menopause, metabolism, food and nutrition, stress, sleep, exercise, and detoxification then this ebook is for you. Josh has personally helped me with my health over the years and he can help you reach your health goals as well.

[http://www.amazon.com/Female-Body-Blueprint-Understanding-Hormones-ebook/dp/B00TUFUHCW/ref=sr\\_1\\_1?ie=UTF8&qid=1424710030&sr=8-1&keywords=female+body+blueprint](http://www.amazon.com/Female-Body-Blueprint-Understanding-Hormones-ebook/dp/B00TUFUHCW/ref=sr_1_1?ie=UTF8&qid=1424710030&sr=8-1&keywords=female+body+blueprint)

\*I receive no compensation or benefits for promoting this ebook.

### **Health and Nutrition Articles To Get You Thinking**

I am always learning as a teacher and health practitioner. Each month I will post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such menopause, cholesterol, diabetes, and the ingredients in McDonald's french fries.

*Beauty Products May Trigger Early Menopause*

<http://time.com/3686484/beauty-products-may-trigger-early-menopause/>

*What Is My Bad Cholesterol Good For Anyway?*

<http://liamspringer.com/what-is-my-bad-cholesterol-good-for-anyway/>

*The Difference Between Type 1 and Type 2 Diabetes*

<http://www.informationaboutdiabetes.com/lifestyle/lifestyle/the-difference-between-type-1-and-type-2-diabetes>

*McDonald's Fries In The US Have Way More Ingredients Than UK Fries*

<http://www.foxnews.com/leisure/2015/01/26/mcdonalds-fries-in-us-have-more-ingredients-than-uk-version/>

## **Physical Education Happenings**

**Mr. Caldwell**([nealcaldwell@iusd.org](mailto:nealcaldwell@iusd.org) or 949-936-6649)

During the month of February my students were in heavy training to prepare for the Fitnessgram testing which will take place in the next week to ten days. Some of the activities they did to prepare include tai-chi, jogging/walking, a lot of push-ups, curl-ups, basketball, team handball, strength training, and Project Adventure.

Project Adventure are team building activities where students have to communicate, cooperate, and work together to solve a task. I am a big proponent of teaching students how to work with others no matter how annoying or difficult they are. It's fun to watch my students step up and lead but also be able to take directions from others even if they do not agree with the student. The picture/video below show three activities they participated in such as a "memory game" using hula hoops, "blue tarp", and my favorite activity using scooters, ropes, paddles, and hula hoops. I forgot to video the "blue tarp" activity, but you can get an idea from the video I took 2 years ago.

*Blue Tarp Video 2013-* <http://caldwellpe.com/blue-tarp-project-adventure/>

## Memory Game



Strength training days are my favorite this year. The last couple of months I have been teaching your son/daughter how to put together a work-in and work-out exercise plan. You can see from the video how they used the agility ladders to work on speed, balance, agility, and get in some good cardio work.

This past Thursday all students were put in groups of six and had to create and perform a warm-up activity, three exercises, and a cool down activity. Students had to record the primal pattern movements they used and the number of sets and reps. They also had to include the tempo at which they worked along with cues for each exercise. Finally, they exchanged exercise plans with another group and had to do each other's workout, which was fun to watch. When I am not around in the future each student will know how to go to the gym, their local park, or home and create a good work-in or work-out for their health needs.

*Student Personal Trainers In Training-* <http://caldwellpe.com/student-personal-trainers-in-training/>

*Agility Ladder Videos-* <http://caldwellpe.com/ultimate-agility-ladder/>

*New Milers Club Members*



Lastly, I had each class read the following articles in a group and then report out to the whole class. Health is more than just exercise. Students learned what heavy backpacks are doing to their spine, what sitting too long does to their body, and what ingredients McDonald's puts in their fries compared to other countries.

<http://www.foxnews.com/leisure/2015/01/26/mcdonalds-fries-in-us-have-more-ingredients-than-uk-version/>

[http://lifehacker.com/this-graphic-explains-all-the-health-hazards-of-sitting-1595834900?utm\\_campaign=socialflow\\_lifehacker\\_facebook&utm\\_source=lifehacker\\_facebook&utm\\_medium=socialflow](http://lifehacker.com/this-graphic-explains-all-the-health-hazards-of-sitting-1595834900?utm_campaign=socialflow_lifehacker_facebook&utm_source=lifehacker_facebook&utm_medium=socialflow)

[http://www.huffingtonpost.com/2014/08/27/what-heavy-backpacks-are-doing-to-kids-bodies-n\\_5700485.html](http://www.huffingtonpost.com/2014/08/27/what-heavy-backpacks-are-doing-to-kids-bodies-n_5700485.html)



## Lunchtime Sports

Congratulations to the “Splash Brothers” for winning the lunchtime 5 on 5 basketball finals against Mr. Miller’s team. Each player took home an official size basketball for their prize. Lunchtime Soccer is next!



To learn more about Physical Education at Sierra Vista go to [www.CaldwellPE.com](http://www.CaldwellPE.com). Please feel free to contact me anytime. Thanks for your support!

Sincerely,  
Neal Caldwell

